

## Week 3: Just Do It

Do you ever wish you could flip a switch in your brain so you could feel better about yourself?

Well, you can!

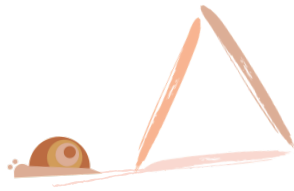
Postures and activities send signals to your brain.

For instance, when you curl up, shoulders slouched and legs crossed looking at a screen, your body sends a signal to your brain that you are trying to be unseen.

Your brain thinks you are in danger like maybe you are hiding from a bear or wolf. But you aren't in danger! You are just feeling small because you are curled up!

Take charge of your body's chemicals! Send new messages of empowerment to your beautiful brain! Learn to work with the chemicals your body sends to your brain!

For the next few weeks, focus on the messages your body sends to your brain.



## Exercise: Brain Signals

Stand or sit up straight, keeping your head over your shoulders.

Make sure your shoulders stacked over your hips.

Next, pretend you are squeezing a lemon between your shoulder blades.

Beware of busy body shoulders! Our shoulders are nosey! Shoulders always want to creep up and get into our ears' business!

Focus on relaxing your shoulders while pulling them down, away from your ears.

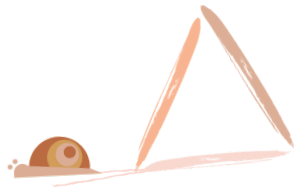
Relax those shoulders, while still squeezing that lemon between your shoulder blades.

This posture sends a signal to your brain that you are feeling confident!

You can do this exercise anywhere, anytime and it is free! What a great tool to use when you are feeling small, or unsure of yourself!

Notice what you are noticing.

Notice how your posture affects how you show up for the world.



# Worry Buster

Do you ever worry? Worry is often created by the voice in your head that whispers, 'What if this happens or what if that happens?'

Be a worry buster!

Instead of letting worry make us feel anxious, think of worry as a sweet, grandma who would do or say anything to keep us safe.

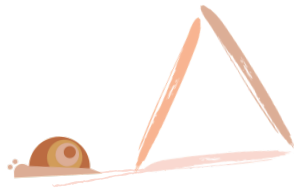
Grandma Worry is just a bit fussy. She means well because she loves you, but she goes a little overboard. She likes to remind you of the things that could go wrong.

She doesn't want you out in the world where you might fail or get your feelings hurt so she tells you all sorts of scary things to keep you small and scared.

Grandma Worry thinks being small, stuck, and scared is the only way to keep you safe.

Grandma Worry is wrong!

**Here is the truth:** You are safe even if you fail, even if things don't go as planned, even if you feel like people are looking at you funny. You are stronger than you know.



You are safe when you trust yourself! You are safe when you take chances on your dreams! You are safe when you put your shoulders back and make choices that support your confident self! You are safe when you go after Soulshine!

Think of it like this: You wouldn't ask a little, old lady for advice on how to use a new iPad or mobile phone. She wouldn't know enough about technology to give you the best advice, would she? You certainly know more about technology than a little, old lady.

Worry is like that little old lady. Why believe Worry when you know more about your goals and your future?

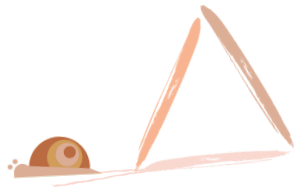
Worry's job is to keep you safe and small. Your job is to smile and nod politely to Worry, just as you would a grandma who loves you.

If Grandma Worry gave you technology advice that wouldn't work, you'd be polite, thank her for her time, and then use your technology. Do the same with worry!

You don't need to believe a thing Grandma Worry has to say! When you are stuck in a worry cycle, remind yourself how nice it feels to take many-mini actions. Remind yourself that Slow Progress is bff.

Remind yourself you are too strong and capable to be taking advice from Grandma Worry. Remind yourself you have talent and support and you don't need Grandma Worry's outdated opinion.

Boom! Worry busted!



## Soulshine Challenge

This week, challenge yourself to see worry in a new light. Notice how worry keeps you from reaching your goals. Notice worry's grandma-like tendencies to fuss over you.

Try talking to your worry like you would a little old lady who wants to keep you safe. Challenge yourself to listen to your worry politely, talk to it gently, and then dismiss it.

When does worry show up?

How do you normally respond to worry?

How would you talk to a little old lady who wants to keep you safe?

You're smart and safe now and you'll still be smart and safe when you are getting out of your comfort zone and moving toward your most confident self.

